



# MARTIN HEALTH CARE ACTIVITIES: August 23 – August 29



## Celebrating Women Week!

### Monday August 23

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Making Pipe Cleaner Animal Pencil Toppers  
-5100 North Dining Rm
- 10:00 Exercise & Making Pipe Cleaner Animal Pencil Toppers  
- 5200 North Dining Rm
- 11:00 Passing Mail
- 1:00 Watching "The Mary Tyler Moore Show" and Recognize Women's Achievements in TV  
-5200 North Living Rm.
- 3:00 Bingo– 5100 South Dining Rm.
- 4:15 Cleaning & Feeding the Birds  
-5100 East Sitting Rm.

### Tuesday August 24

- 9:00 Exercise & Balloon Toss  
Listen to music by female  
Composer Fanny Mendelssohn  
-5100 Garden Court
- 10:00 Exercise & Balloon Toss  
Listen to music by female  
Composer Fanny Mendelssohn  
- 5200 East Balcony
- 10:30 **Catholic Services**  
**Channel 88 on your TV**
- 11:00 Passing Mail
- 1:00 Memory Makers  
-5100/5200—Manicures
- 1:30 Manicures—5100 Garden Court
- 3:00 Wellness w/Leah—Garden Court
- 3:00 Bean Bags –5200 West Balcony
- 4:00 Manicures  
-5100 Garden Court Tables

### Wednesday August 25

- 9:00 Exercise & Listening to Music

- 10:00 -5100 Garden Court  
Exercise & Listening to Music  
-5200 East Balcony
- 11:00 Passing Mail
- 1:00 Popcorn Wednesday-All Floors
- 2:15 **HAPPY HOUR**  
**-5200 North Dining Room**
- 4:15 Cleaning & Feeding the Birds  
-5100 East Sitting Rm.

### Thursday August 26

- 8:30 Room Visits-1:1's
- 9:00 Exercise & Making Snowman Soap  
Women Achievements in Science  
-in2l  
-5100 Garden Court
- 10:00 Exercise & Making Snowman Soap  
Women Achievements in Science  
-in2l  
-5200 East Balcony
- 11:00 Passing Mail
- 1:00 Memory Makers 5100 & 5200
- 1:30 Manicures—5200 West Sitting Area  
5200 East Sitting Area
- 3:00 Wellness w/Leah  
-5200 South Living Rm.
- 3:00 Listening to Music  
-Garden Court 5100

### Friday August 27

- 9:00 Exercise & Making Peal Bead  
Necklaces  
-5100 North Dining Rm.
- 10:00 Exercise & Making Peal Bead  
Necklaces  
-5200 South Dining Rm.
- 11:00 Passing Mail
- 1:00 Root Beer Floats—All Floors
- 2:30 Bean Bags – 5100 Garden Court
- 4:15 Cleaning & Feeding the Birds  
-5100 East Sitting Rm.

### Saturday August 28

- 8:30 Room Visits- 1:1's
- 10:00 Exercise & Listening to Music  
-Sing a Long– Outside  
-C/D Patio off of Dining Rm.
- 11:00 Passing Mail
- 12:30 Memory Makers-5100
- 1:15 Exercise & Listening to Music  
-Sing a Long  
– 5100 Garden Court
- 2:30 Exercise & Bingo to follow  
– 5200 North Dining Rm.
- 4:00 Manicures– C/D hallways

### Sunday August 29

- 8:30 **Live Streaming of Calvary  
United Methodist  
Church Service**  
**Channel 88 on your TV**
- 9:00 Exercise– outdoors  
& Devotional to Follow  
– 5200 East Balcony
- 10:00 Exercise - outdoors  
& Devotional to Follow  
- C/D Patio off of Dining Rm.
- 10:30 **Live Streaming of  
2nd Presbyterian  
Church Service**  
**Channel 88 on your TV**
- 11:00 Memory Makers—5200
- 12:45 Exercise & Traveling to  
Religious Areas  
-IN2L-5100 North Living Rm.
- 2:00 Sundae Sunday's– All Floors
- 3:30 **Vespers– MPR ROOM**  
**ACTIVITIES WILL BE OUTSIDE**  
**WHEN WEATHER PERMITTS!**  
**\*\* PLEASE WEAR YOUR FACE**  
**MASK TO ALL ACTIVITIES\*\***



**TUNE TO CHANNEL 88 ON YOUR TV FOR MORE ACTIVITIES: August 23— August 29**



**Monday August 23**

9:30 Flexible Fitness  
10:00 First Presbyterian Service  
3:00 Chair Yoga  
3:30 St. John's Service

**Friday August 27**

9:30 Sit and Fit  
1:00 Chair Chi

**Tuesday August 24**

9:30 Sit and Fit  
10:30 Catholic Service  
2:00 Wesley United Methodist Service  
3:00 Shadow Boxing

**Saturday August 28**

9:30 Chair Chi  
7:15 Movie  
The Best Exotic Marigold Hotel  
(PG-13, 2hr 4min, 2011)

**Wednesday August 25**

9:30 Flexible Fitness  
12:00 Wellness Wednesday  
2:00 Broadway Theatre  
"Memphis"

**Sunday August 29**

8:30 Live Streaming of  
Calvary United Methodist  
Church Service  
10:30 Live Streaming of  
2nd Presbyterian  
Church Service

**Thursday August 26**

9:00 Chair Dance  
1:00 Hands in Motion  
7:00 Entertainment  
"Cirque du Soleil—Cabinet  
Of Curiosities, "O" and  
LUZIA"

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\*\*\*For visits with MHC  
Residents please  
Call:(309)319-2539\*\*\*

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\*\* Check Channel 3 for  
Movie descriptions \*\*

**HAPPY BIRTHDAY!!**

**8/26 Pauline Allen**

**8/27 Dorothy Mittelstaedt**

